



Banana Empanadas

READY IN



55 min.

SERVINGS



4

CALORIES



783 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large bananas ripe coarsely chopped
- ☐ 1 egg white
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon to taste
- ☐ 2 tablespoons yogurt plain
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 1 tablespoon water cold

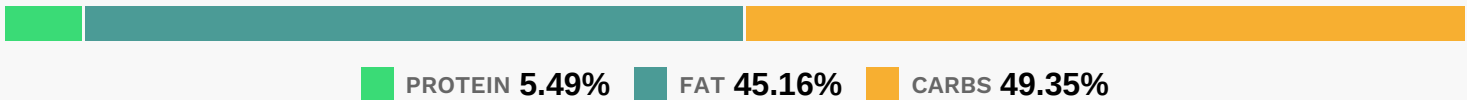
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Soak raisins in hot water for 30 minutes. Preheat the oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, mix together the flour and salt.
- ☐ Mix in shortening using a fork, until the entire mixture is in pea-sized pellets. Stir in yogurt, and just enough of the 1/2 cup of cold water to hold it together in a dough.
- ☐ Roll out dough to a square 1/8 inch in thickness. Use a knife to cut into four 8x8 inch squares. Don't worry if they aren't perfect.
- ☐ Drain the raisins, and mix with the cinnamon and chopped bananas. Spoon some of the banana mixture onto half of each square, leaving at least 1/2 inch of dough exposed at the edge to seal the edges. Fold the dough over the fruit, and pinch the edges together. Make sure that they are secure. I like to roll the excess dough up around the edges and then pinch it until it's thin again. You'll want to have about a 1/2 inch closure in the end. You can trim the edges a bit to make them more aesthetically pleasing.
- ☐ Place empanadas on a baking sheet.
- ☐ Whisk together 1 tablespoon of cold water and egg white; brush over the tops.
- ☐ Bake for 30 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:62.09, Inflammation Score:-6, Nutrition Score:19.634782711125%

Flavonoids

Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 782.65kcal (39.13%), Fat: 40.04g (61.6%), Saturated Fat: 10.11g (63.18%), Carbohydrates: 98.46g (32.82%), Net Carbohydrates: 92.06g (33.48%), Sugar: 17.33g (19.25%), Cholesterol: 1.3mg (0.43%), Sodium: 314.95mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.91%), Manganese: 0.97mg (48.49%), Vitamin B1: 0.68mg (45.1%), Folate: 171.46µg (42.86%), Selenium: 29.63µg (42.32%), Vitamin B2: 0.55mg (32.29%), Vitamin B3: 5.64mg (28.18%), Vitamin B6: 0.55mg (27.74%), Fiber: 6.39g (25.58%), Iron: 4.27mg (23.75%), Vitamin K: 21.46µg (20.44%), Potassium: 674.1mg (19.26%), Vitamin E: 2.55mg (17.01%), Vitamin C: 12.38mg (15.01%), Magnesium: 58.85mg (14.71%), Phosphorus: 131.88mg (13.19%), Copper: 0.25mg (12.51%), Vitamin B5: 1.12mg (11.16%), Zinc: 0.83mg (5.56%), Calcium: 36.86mg (3.69%), Vitamin A: 97.68IU (1.95%)